



# THE SPEECH BUBBLE

The Speak, Learn and Grow Newsletter

**Practical tips to help your child get ready to read.**

**page 6**



## BACK TO SCHOOL

February means back to school & back to routine. Whether your child is starting school, changing schools or simply moving up a grade, it's all about new teachers, new classes & new beginnings.

We love supporting children with reading & spelling difficulties and we have included some tips about how you can help your child get ready to read (pg 6). Laying the right foundation can make a significant impact on later reading success.

If you'd like more support with your child's reading, spelling & language skills, talk to your therapist about this.

We look forward to partnering with you to support your child's learning in 2024!

## TERM 1 2024

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# TEAM MEMBER SPOTLIGHT

We asked some of our Therapists to tell you something interesting about themselves .....

## Kerry



I really enjoy 'dad jokes' because I love the play on words. One of my favourites is: Some people pick their noses. I was simply born with the one I have. 😂

## Elaria



Combining my love of sneakers and Lego, I built an Adidas Lego sneaker

## Nicole



I have run 290 parkruns (5km fun run) in 4 different counties over the span of 7 years

## Elise



I taught myself to crochet about 7 years ago, but have never kept anything I have made for myself!



## Julia



I love going camping!



In 2022 my fiancé and I did a road trip from Darwin to Sydney, and camped the whole way home

## Sophie



I like to deconstruct all my foods and eat the ingredients separately when I can



# BUILDING PARENTS' CAPACITY

**We believe that speech therapy cannot happen in a vacuum and that parents need to be actively involved in the therapeutic process.**

**We aim to build parents' capacity so that they can help their child with their communication difficulties in their everyday environments.**

## How do we do this?

Coach parents in how to use strategies at home

Teach parents how to model language and provide a language rich environment

Teach parents specific techniques so that they can provide intervention at home

Coach parents in building engagement and interaction first



Provide ideas about how to target concepts, language structures, articulation on a daily basis

Build parents' understanding about what communication is and recognising it as more than just words

Teach parents how to use alternative communication devices or methods to request and comment

Build parents' knowledge about word attack skills and phonic rules

# SCHOOL HOLIDAY GROUP INTENSIVES

January was an exciting month at SLG, filled with a variety of school holiday therapy groups targeting social skills, literacy skills, articulation and school readiness!



## What did sessions LOOK like?

- 45-minute sessions, across 3 consecutive days for social skills, literacy skills and articulation.
- 75-minute sessions, across 3 consecutive days for school readiness.
- Groups were made up of 2 to 4 children
- Groups were based on age and goals.



## What kind of GOALS were targeted?

### **Social Skills (4-5 years)**

- Introducing yourself
- Identifying and recognising emotions in self and others
- Staying calm when angry

### **Social Skills (6-8 years)**

- Greetings & Farewells
- How to ask others to play
- Playing a non-preferred game
- Being fair and playing fairly with others

### **School Readiness (5-6 years)**

- Syllabification: segmenting syllables, isolating syllables (e.g. cup - cake)
- Blending word structures (e.g., c - a - t = cat, s - p - o - t = spot, d - u - s - t = dust)
- initial and final sound identification (e.g., /s/ is the first sound in 'sun' and /m/ is the last sound in 'come')
- letter to sound matching
- letter formation

### **Articulation (6-7 years)**

- Correct articulation of a variety of speech sounds including /s/, /sh/ and /ch/ in words, phrases and sentences.

### **Literacy Skills (5-7 years)**

- Long vowel sounds including the different spellings (e.g. long 'a' play, rain, game) reading words/passages and writing words/sentences

### **Literacy Skills (8-10 years)**

- Reading and Spelling Rules: hard and soft "c" (/k/ and /s/ ( and "g" (/g/ and /j/)

## HOW were the goals targeted?

- Video modelling and demonstrations
- Discussions
- Role play and scripts
- Games
- Lots of practice and repetition



# COMMUNITY SPOTLIGHT

## Have you heard of The Family Co.?

**The Family Co.** is an organisation in Jannali (NSW) that provides group programs, support and training to families in the Sutherland Shire at a reasonable price (free - \$50).



**The  
Family  
Co.**

**The Family Co.** operates with the goal of creating safe and positive communities where women, children, youth and families can build capacity to take on life's challenges and realise their best futures.



[thefamilyco.org.au](http://thefamilyco.org.au)



@TheFamilyCoAU



@TheFamilyCo\_

## Some programs that *The Family Co.* offer:

- Koori Kids  
*(Aboriginal playgroup)*
- Warrior Women  
*(self-empowering program for teenage girls)*
- Managing Big Feelings in Little People  
*(emotional regulation tips)*
- Meet Anxiety  
*(supporting mental health)*
- Consent Conversations - Youth  
*(healthy relationships in teenagers)*
- Play and Connect  
*(free playgroup for 0-5 years)*



# PARENT TIPS

*How can you help prepare your child to get ready to read?*



There are many foundational skills that you can nurture to set your child up for reading success. These are skills that you can practice in the car, in a waiting room or during pre-bed-time book reading.

## **Clapping out syllables**

Encourage your child to recognise syllables in words. Clapping or tapping out syllables in familiar words (like ba-na-na or e-le-phant) can make this both fun and educational. It helps them understand the basic building blocks of words and teaches them to break a longer word down into smaller parts.

## **Blending sounds**

Encourage your child to blend individual sounds together to form words. Start with simple consonant-vowel-consonant words (e.g. c-a-t) and gradually move to more complex combinations. Learning to blend sounds together to form a word is the essence of reading. The better your child is at doing this, the easier reading will be for them.

## **Letter-sound matching**

Introduce letters and their sounds through games, songs or alphabet books. Use magnetic letters or alphabet puzzles to make learning hands-on and enjoyable. Look for letters around you in signs, notices or flyers. Talk about the sounds of the letters in your child's name.

## **Rhyming**

Engage your child in rhyming games, songs, and stories. Dr. Seuss books are full of rhymes and shows like Sesame Street or Word World regularly teach rhyming. Play with words that sound alike (sun, fun, one) and make up rhymes for the names of people you know (e.g. Jon-Bon, Connor-Nonnor, Vivienne-Tivienne) to develop their ear for rhymes. This skill lays the groundwork for recognising sound patterns in words, a key aspect of reading.

## **Identifying sounds**

Engage your child in activities where they identify the first sound in words. For instance, you can play games like "I Spy" where they guess words based on initial sounds (e.g. "I spy something that starts with 'b' - it's a ball!"). Once your child has mastered this, try listening for sounds at the end of a word (e.g. "Can you guess an animal that is very small and has a 's' sound at the end? Yes, it's a mouse!").



[Click here to find out more](#)

# SCHOOL HOLIDAY FRAMES

Where I went...

Who I saw...

Games I played...

Things I ate...

Our last day...

Things I ate...



twinkl

## INSTRUCTIONS

**Draw, pictures, write sentences, or stick pictures into the frames of some of your favourite memories from the school holidays**

This is a great activity to practice language! Think of modelling words like “cut”, “stick”, or “draw”, and talking about colours. Then you can practice even more language by recounting what happened and asking and answering questions

# THUMB-SUCKING PROGRAM



For children 5 years & older

- One-on-one sessions are with a therapist who has orofacial myology training
- The child is in the driving seat and takes responsibility for making the changes
  - Fun and positive
- Focus on the establishing & maintaining correct tongue resting position

Find out  
more  
here

## CONNECT WITH US

The team at Speak, Learn and Grow want to stay connected with all members of the community.

Please follow us on our socials.



[SpeakLearnGrowSpeechPathologyServices](https://www.facebook.com/SpeakLearnGrowSpeechPathologyServices)



[@speaklearngrow](https://www.instagram.com/@speaklearngrow)



[Speak, Learn and Grow Speech Pathology Services](https://www.linkedin.com/company/Speak-Learn-and-Grow-Speech-Pathology-Services)



### How to provide Feedback

Speak to your therapist directly

Approach our friendly reception staff

Fill in a Feedback form on our website:  
[www.speech-learning.com.au](http://www.speech-learning.com.au)

Email us directly  
[info@speech-learning.com.au](mailto:info@speech-learning.com.au)